



## **AMALGAM RESTORATIONS (SILVER FILLINGS)**

Now that you have a new amalgam restoration, it's important to follow these recommendations to ensure success.

If we used an anesthetic during the procedure, avoid chewing until the numbness has worn off completely.

Don't chew hard food or chew directly on the filling for 24 hours.

If possible, chew only on the opposite side of your mouth.

The filling is made of a metal material, and like most metals, it is a poor insulator and a fast conductor of temperature changes. Because of this characteristic the tooth with its new metal filling may feel hyper sensitive to cold. This cold sensitivity, in most cases, gradually goes away and diminishes in sensitivity over a period of a few weeks, depending upon the size and depth of the amalgam filling, sensitivity to cold may linger for a few months. During this time please avoid cold water and cold food. If your tooth becomes very sensitive to hot and begins to ache or throb please return to our office for an evaluation of the health of the nerve within the tooth. If your tooth feels sensitive to pressure, wait about one week to enable the new filling/tooth to settle in and make minor adjustments by itself. If the pressure sensitivity persists for longer than a week, please return to our office for minor adjustments.

To reduce any discomfort or swelling, rinse your mouth 3 times a day with warm salt water. Use about 1 teaspoon of salt per glass of warm water.

It is not unusual for the area to be sore for several days.

Call our office if your bite feels uneven or if you experience any increase in thermo sensitivity, or if you have any questions or concerns.